

Arlington Recreation Program Fall 2012 – Winter 2013

**Registration Starts
August 20, 2012**

Mail-In, On-Line,
Phone, Fax & Walk-in

**New On-Line
Registration at
www.arlingtonrec.com**

Users should log on
to create a new account
or to access their existing
household account.

**Arlington
Recreation
Department**

422 Summer Street
Arlington, MA 02474
www.arlingtonrec.com
781-316-3880 Main Number
781-641-5495 Fax

***Arlington Recreation...Sign Me Up!
Register Online at www.arlingtonrec.com***



Introducing Arlington Recreation's **After-School Kid Care Program**



The Arlington Recreation Dept. is proud to offer this newly-licensed, extended-day program for children in Grades K – 5. The program will be based at the Gibbs School, located at 41 Foster Street, and includes students from each of the seven elementary schools.

There is a 5-day and a 3-day/week option. Hurry, enrollment is limited. The program begins the first day of the school year. These programs are not in session when Arlington Public Schools are closed. Please note that Kid Care includes all early release days throughout the year.

Arlington Kid Care operates 5 days a week from the end of the school day until 6 pm. Students from all grades will do some activities together. There is time for playing sports and games, music and drama, weekly science experiments, arts and crafts, a quiet space for homework and a caring staff. Students will also have electives to choose from throughout the year. Students must register for the entire year.

Arlington Kid Care, which is licensed by the Department of Early Education and Care, follows the Arlington Public School calendar with the following exceptions: it is not open when school closes at mid-day for a vacation period

or closes early because of bad weather. Early release days are included as long as you are registered for the respective day.

Frequently Asked Questions

Will There Be Transportation to Kid Care?

Transportation is provided for students to the program from the individual schools.

How Do I Sign Up?

To enroll, a family may choose 3 or 5 days a week for the entire school year. Participants must be enrolled in the Kid Care program, have filed their paperwork, and paid the \$25 registration fee and the first month's tuition payment before attending the Arlington Kid Care Program.

What Are the Fees and Due Dates?

5 days/week \$435/month

3 days/week \$290/month

(The three days must be identified at registration)

A \$25 non-refundable registration fee is due upon registration. Monthly payments are through automatic credit card payment only.

ARLINGTON *Recreation*
Sign Me Up! 781-316-3880 www.arlingtonrec.com

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Cover Photo courtesy of Karen Coleman

Recreation Department Phone Numbers

Main Number:
781-316-3880

Fax Number:
781-641-5495

Field/Program Cancellation:
781-316-3886

Ice Rink:
781-316-3887

Special Events

Saturday, September 15

Walter V. Moynihan Town Day Run

The Town Day Road Race is being held on Saturday, September 15th at the Arlington High School. Enjoy this 2.7-mile course as it heads down Mass Ave. and then returns on the Bike Path.



Registration starts at 7:30am–8:00am with race time starting at 8:30am. Register the day of the race or prior to the event at Arlington Recreation. Pre-race Registration is \$15 per person.

This event is sponsored by Arlington Recreation, Boys & Girls Club and Fidelity House.

Friday, February 8

Daddy/Daughter Dance



Social for girls of all ages with their fathers, grandfathers, uncles and other guardians. Everyone is welcome to attend with their daughters to the Daddy/Daughter Dance.

6:00pm – 8:00pm
Ottoson Middle School

\$5 per ticket • Tickets on Sale Now

Snow Date: Saturday, February 9, 5:00pm – 7:00pm

Ed Burns Arena Ice Skating Rink

The Ed Burns Arena Skating Rink is a newly renovated indoor ice facility located at 422 Summer Street in Arlington. The facility includes a regulation size rink of 85' x 197' with spectator seating for 1,000 people. Complete snack bar service (hours vary) and vending machines are available in the main lobby, along with skate rental and sharpening services. Team rooms are provided for those renting ice time.

The Ed Burns Arena Skating Rink is open to the public during the months of September through April. The rink is a great place to host a school field trip or birthday party. For rental or event information, contact Dave Cunningham, Facilities Manager at 781-316-3882.

Public Skating Schedule

September 9 – April (Final Date to Be Determined)

Admission: \$3 children (16 & under) & seniors; \$6 adults
Skate Rentals: \$5 per pair **Skate Sharpening:** \$5 per pair
Mondays: 12:00pm – 1:50pm
Thursdays: 9:00am – 10:50am
Fridays: 11:00am – 12:50pm; 1:45pm – 3:45pm;
7:15pm – 9:15pm
Saturdays: 4:00pm – 5:50pm
Sundays: 9:30am – 11:30am; 2:00pm – 4:00pm

Dates and times are subject to change

Please check our website for Holiday Public Skating Schedule

Special Public Skates

Monday, August 20	2:00pm – 4:00pm
Wednesday, August 22	2:00pm – 4:00pm
Friday, August 24	2:00pm – 4:00pm
Monday, August 27	10:00am – 12:00pm
Wednesday, August 29	10:00am – 12:00pm
Friday, August 31	10:00am – 12:00pm
Wednesday, September 26	9:00am – 11:00am
Tuesday, October 2	1:00pm – 2:50pm
Tuesday, October 16	1:00pm – 2:50pm
Friday, October 26	1:45pm – 3:45pm Halloween Skate

Wear a costume and get in FREE!



Special Stick and Pucks

Tuesday, August 21	2:00pm – 4:00pm
Thursday, August 23	2:00pm – 4:00pm
Tuesday, August 28	10:00am – 12:00pm
Thursday, August 30	10:00am – 12:00pm
Monday, September 17	9:00am – 10:50am
Monday, October 8	9:00am – 10:50am
Monday, November 12	9:00am – 10:50am
Friday, November 23	9:00am – 10:50am

Ice Rental Fees

Call Dave Cunningham, Facility Supervisor, at 781-316-3882 for complete details or an open ice time schedule. Group rental fees: \$230 per 50-minute block \$245 per 60 minute block.

Men's Stick Practice

Ages: 18 years and up
Dates: Thursdays, starting September 13 (x: 11/22, 12/27)
Time: 11:45am – 1:45pm **Cost:** \$5/day per person

Women's Stick Practice

Ages: 18 years and up
Dates: Fridays, starting September 14 (x: 11/23, 12/28)
Time: 9:00am – 10:50am **Cost:** \$5/day per person

Women's Hockey

Ages: 18 + years

Session 1: Wednesdays, October 3 – December 5

Level D Advanced Players:

Time: 11:30am – 12:50pm **Cost:** \$180

Recreational Skaters/Beginners:

Time: 1:00pm – 1:50pm **Cost:** \$160

Session 2: Saturdays, September 29 – December 1

Recreational Skaters/Beginners:

Time: 10:50am – 11:40am **Cost:** \$160

Equipment Required: helmet, skates, hockey gloves, knee and elbow pads, and stick.

Arlington Recreation is now offering an adult recreational, non-contact hockey program for women! The program is designed for beginning/ recreational or intermediate/advanced levels, focusing on skating, stick handling, shooting and team play. All women are encouraged to join, regardless of past experience! Childcare may be available depending upon numbers. Please call the Recreation Office for additional information. Program run by Michele Barry and David Bowen.

All Star Skating

Date: Saturdays, December 8– January 26 (x: 12/29)
Time: 10:50am – 11:40am
Cost: \$85 (price does not include rentals)

Join Arlington Catholic Coaches and AC Hockey Players for 50 minutes of supervised free skate time. Program is open to children with special needs from 6 years of age and up. Please note parents will not be allowed on the ice during instruction. Participants are required to provide their own single blade skates or rent a pair for an additional charge. Helmets are required!

Skate Rentals & Sharpening

The Arlington Sports Center offers Skate Rentals & Sharpening for \$5 per pair or purchase a 10-punch pass for \$50 (11th service is FREE). Available during public skating, regular business hours, and by appointment.

Ice Skating Classes. *Students are grouped according to age and ability. Participants must provide their own single-blade skates or may rent for \$5/pair or \$25/session. Helmets are required for all skaters. Don't forget to dress warm...bring hats and gloves! All lessons held at the Ed Burns Arena Skating Rink at 422 Summer Street.*

Tot Skate

Ages: 1-1/2 to 4 years (with parent)
Dates: Tuesdays, September 18 – November 20,
January 8 – February 5, March 26 – April 2
Time: 9:30am – 10:15am
Cost: \$15 per drop-in lesson includes rentals for child and parent.

Beginning ice skating made simple and fun! Introduce your child to the exciting sport of ice skating. Instructors emphasize proper balance and control. Helmets are required!

Skate with Ms. Nichols

Ages: 3 – 4 years
Dates: Tuesdays, September 18 – November 20,
January 8 – February 5, March 25 – April 2
Time: 10:30am – 10:55am
Cost: \$10 per drop-in lesson

Basic instruction and open skate for youth, without parents. Children will be taught how to stand up on skates, marching, dips, and forward skate. Participants are required to provide their own single blade skates or rent a pair for an additional \$5 per session. Helmets are required!

Bay State Preschool Skate

Ages: 3 – 4 years
Dates: Fridays, September 21 – October 19
Time: 1:00pm – 1:25pm & 1:30pm – 1:55pm
Cost: \$95 (5-week session)
Dates: Fridays, October 26 – November 30 (x: 11/23)
Time: 1:00pm – 1:25pm & 1:30pm – 1:55pm
Cost: \$95 (5-week session)
Dates: Fridays, December 7 – January 25. (x: 12/28)
Time: 1:00pm – 1:25pm & 1:30pm – 1:55pm
Cost: \$133 (7-week session)
Dates: Fridays, February 1 – March 29 (x: 2/15, 2/22)
Time: 1:00pm – 1:25pm & 1:30pm – 1:55pm
Cost: \$133 (7-week session)

Basic instruction and open skate for youth, without parents. Children will be taught how to stand up on skates, marching, dips, and forward skate. Participants are required to provide their own single blade skates (rentals available). Helmets are required!

Discount & Gift Tickets Available

Public skating Gift passes are available for purchase at the Arlington Recreation Office or Sports Center. Purchasing a pass is economical! These passes also make great birthday gifts or stocking stuffers for friends and family.

Individual Passes: \$3 child & senior; \$6 adult;
10-visit punch passes: \$27 child & senior; \$54 adult.

Bay State Skating School Learn To Skate Program



Ages: 4 years and up

Wednesdays

Time: 3:00pm – 3:50pm
Dates: September 12 – October 17 (x: 9/26)
Cost: \$105 (5-week session)
Dates: October 24 – November 28
Cost: \$126 (6-week session)
Dates: December 5 – January 23. (x: 12/26)
Cost: \$147 (7-week session)
Dates: January 30 – March 27 (x: 2/13, 2/20)
Cost: \$147 (7-week session)

Saturdays

Time: 11:00am – 11:50am
Dates: September 22 – October 20
Cost: \$105 (5-week session)
Dates: October 27 – December 1
Cost: \$126 (6-week session)
Dates: December 8 – January 26 (x: 12/29)
Cost: \$147 (7-week session)
Dates: February 2 – March 30 (x: 2/16, 2/23)
Cost: \$147 (7-week session)

Basic instruction and open skate for youth, without parents. Children will be taught how to stand up on skates, marching, dips, and forward skate. Participants are required to provide their own single blade skates (rentals available). Helmets are required! It's time to sharpen your blades for the coming winter season! Join Bay State Skate for skating fun. All teachers are professional ice skating instructors offering excellent classes for students ages 4 and up. The program is structured in 25-minute lessons and 25-minute practice time each week. A co-instructor is in attendance at all times. Students may wear figure skates or hockey skates. Bay State Skating School provides over 40 years of experience teaching lessons to the public! Participants are required to provide their own skates or rent a pair.

Adult Skating

Ages: 18 + years
Dates: Tuesdays, five 5-week sessions
September 18 – October 16
October 23 – November 20
November 27 – January 8 (x: 12/25, 1/1)
January 15 – February 12
February 26 – March 26
Time: 12:00pm – 12:45pm
Cost: \$75 per 5-week session

You asked for it, we are delivering! Adult beginner skate lessons are now being offered. Adult skating is gaining popularity – join the fun! A great workout and a chance to meet other Arlington residents! Helmets are now required!

Toddler & Youth Classes

Toddlers and Two's

Ages: 15 – 36 months (with parents)
Dates: Every Wednesday & Friday beginning September 19
(x: 11/23, 12/26, 12/28, 2/20, 2/22)
Time: 9:30am – 11:30am
Where: Gibbs Gym
Cost: \$45/10 visit pass or \$5 drop-in per child

Come take part in our newly restructured toddler program. This program takes place in an open gymnasium with numerous play stations. There is a kitchen area, an extensive library corner, a bouncy house, multiple riding toys, as well as a large matted area with basic gymnastics equipment, slides, and climbing structures. Free coffee will also be available. This program will not meet during holidays, school holidays, or inclement weather.

Fantastic Gymnastics

Ages: 18 months – 3 years (with parent)
Children should be good walkers
Dates: Tuesdays, four 6-week sessions
September 25 – October 30
November 6 – December 11
January 8 – February 12
February 26 – April 2
Time: 9:30am – 10:10am
Where: Gibbs Gym
Cost: \$74 per 6-week session



This class is perfect for the two year old that is ready for some running, jumping, and learning some basic gymnastic skills. Parents work with their children on basic motor skills on the floor, mini bars, low beam, and vault. Class format uses shape courses, balance, swinging, and bouncing areas. The instructor communicates through the adult to help accomplish the goals for the child. Program run by Tanya Dall.

Fantastic Gymnastics 3+

Ages: 3 – 5 years
Dates: Tuesdays, four 6-week sessions
September 25 – October 30
November 6 – December 11
January 8 – February 12
February 26 – April 2
Time: 10:15am – 11:00am
Where: Gibbs Gym
Cost: \$74 per 6-week session

This program includes structured gymnastics instruction as well as learning introductory gymnastics routines on the floor, mini bars, low beam, and child-sized vault. Children will learn proper warm-up and stretching techniques, listening skills, turn taking, and peer interaction. Taught by Tanya Dall.

Baby Boot Camp for Moms

Dates: Mondays & Thursdays
Monday, September 3 – Thursday, October 4, 10 classes
Monday, October 8 – Thursday, November 8, 10 classes
Monday, November 12 – Monday, December 17,
10 classes (x: 11/22)
Thursday, January 3 – Monday, February 4, 10 classes
Time: 10:00am – 11:00am
Where: Gibbs Gym
Cost: \$159 per 10-class session



Moms get fit with Baby Boot Camp! Baby Boot Camp offers innovative, safe, effective and affordable fitness programs to prenatal and newly postpartum women. The stroller, resistance tubes (and even your child!) are used as an integral part of the workout. You'll get fit in a supportive environment, while picking up new friends for you and your child. Each participant will receive an enrollment kit with their registration, and all the necessary equipment (except yoga mat, blanket or towel) will be provided in each class. All Baby Boot Camp instructors are highly trained and nationally certified, and Baby Boot Camp abides by the guidelines of the American College of Obstetrics and Gynecology and the American Council on Exercise. Expectant mothers must have doctor approval before starting Baby Boot Camp classes. Moms must be 6 weeks postpartum (8 weeks if C-Section) to join or re-join classes.

Experiencing Art – Mommy and Me

Ages: 18 months – 3 years
Dates: Thursdays, September 6 – September 27
Time: 9:30am – 10:15am
Where: Fox Library
Cost: \$60

In this 4-week class students will experiment with line, form, shape and color while learning different painting and collage techniques. Projects will be inspired by famous artists and children's books. Moms and Caretakers are invited to come help guide their child's creative journey with us!

Creative Professions for Young Artists

Ages: 4 – 6
Dates: Tuesdays, September 11 – October 2
Time: 9:30am – 10:15am
Where: Fox Library
Cost: \$75

In this 4-week class students will experiment creatively while learning 4 different artistic career paths. Each week we will learn about a different career and famous artist while creating a project inspired by both.

Toddler & Youth Classes

Little Van Gogh's – Mommy and Me

Ages: 4 – 6

Dates: Tuesdays, September 11 – October 2

Time: 10:30am – 11:15am

Where: Fox Library

Cost: \$75



In this 4-week class students will experiment with basic painting, drawing and collage techniques while learning about famous works of Art. Each week we will talk about a different famous artist while recreating one of their masterpieces. Moms and Caretakers are invited to come and help their child create their own masterpiece!

Little Dragons Karate

Ages: 3 & 4

Dates: Fridays, September 14 – December 14 (x: 11/23)
January 11 – April 12 (x: 2/22)

Time: 4:45pm – 5:15pm

Where: Brackett School

Cost: \$302 per 13-class session



One of the best karate programs in the country taught by four-time world champion Steve Nugent. This class teaches proper stances, breathing, stretching, discipline, confidence and practical self-defense. This class also underlines the importance of nutrition, exercise, fire safety and stranger awareness. All uniforms are included in the class fee.

Little Ninjas Karate

Beginner Belts: White, Yellow, and Orange

Ages: 5 – 12 years

Dates: Fridays, September 14 – December 14 (x: 11/23)
January 11 – April 12 (x: 2/22)

Time: 5:15pm – 6:00pm

Where: Brackett School

Cost: \$302 per 13-class session

Intermediate Belts: Purple, Blue, Green, and Brown

Ages: 5 – 12 years

Dates: Fridays, September 14 – December 14 (x: 11/23)
January 11 – April 12 (x: 2/22)

Time: 6:00pm – 6:45pm

Where: Brackett School

Cost: \$302 per 13-class session

One of the best karate programs in the country taught by four-time world champion Steve Nugent. This class teaches proper stances, breathing, stretching, discipline, confidence and practical self-defense. This class also underlines the importance of nutrition, exercise, fire safety and stranger awareness. All uniforms are included in the class fee.

Challenger Soccer!

Ages: 3 – 6 years

Date and Times:

Tuesdays, September 18 – October 9

3:00pm – 3:45pm (3 & 4 years)

Thursdays, September 20 – October 11

3:00pm – 3:45pm (3 & 4 years)

Tuesdays, September 18 – October 9

4:00pm – 4:45pm (5 & 6 years)

Thursdays, September 20 – October 11

4:00pm – 4:45pm (5 & 6 years)

Where: McClennen Park

Cost: \$62 per 4-week session

This energetic program gives kids the opportunity to learn the fundamentals of soccer. Kids will participate in a variety of lessons and drills designed to familiarize them with teamwork, sportsmanship, and muscle coordination. Program not held in inclement weather!



Viking Sports T-Ball Clinics

Ages: 3 – 5 years

Dates: Mondays, September 24 – October 22 (x: 10/8)

Time: 3:15pm – 4:30pm

Where: McClennen Park

Cost: \$68 for 4 weeks

Join the Viking Sport Staff for this fun program, which will introduce children to catching, throwing, batting, running bases, and fielding. All players will hit and run the bases each inning – there will be no outs. Coaches will pitch, and batting tees will be used if necessary. We will use soft, safe baseballs. Please bring a glove and a water bottle. All players will receive a Viking Sports T-shirt.



Advertise Your Business or Sponsor a Special Event!

There are yearly options available for businesses to advertise at the Veteran's Memorial Sports Center. Options include banners, illuminated signage, Zamboni, scoreboard, and message board. If interested in advertising or to receive further information on available options,

Contact Dave at 781-316-3882.

Youth Programs

All-Star Soccer

Dates: 7 weeks, Sundays, September 9 – October 28 (x: 10/7)

Time: 9:00am – 9:45am **Ages:** 3 – 6 years
10:00am – 10:45am 7 – 11 years
11:00am – 11:45am 12 – 17 years
12:00pm – 12:45pm Adult – 18+

Where: Gibbs Gym **Cost:** \$172

Super Soccer Stars is proud to present a unique program that uses soccer as a vehicle to teach life skills to individuals with special needs. Our innovative curriculum promotes the growth and development of the whole-player by encouraging and empowering players to increase social potential with teammates, build self-awareness and confidence, advance gross and fine motor skills, all while having a blast from the first touch on the ball!

Viking Sports: Multi Sports Winter Break

Grades: 1 – 5

Dates: Wednesday – Friday, December 26 – December 28

Time: 9:00am – 3:00pm

Where: Gibbs Gymnasium **Cost:** \$145 for 3 days

The philosophy at all Viking Sports is safety, good sportsmanship, and fun. Multi Sports clinic includes: soccer, basketball, baseball/t-ball, flag football, kickball, floor hockey, waffle ball, capture the flag, and many other sports and games! All coaches are carefully selected based on their enthusiasm, professionalism, and experience.

Mad Science® of Greater Boston “There’s Science Everywhere!”

Ages: 6 – 10 years

Dates: Mondays, September 24 – November 26
(x: 10/8, 11/12)

Time: 3:00pm – 4:00pm

Where: Fox Library Lower Level Meeting Room

Cost: \$164 for 8 weeks

Join the Mad Science hands-on science fun. We’re crazy about science...and hope you are too! In this program, we’ll have a blast exploring science and how it affects the world around us. There will be exciting hands-on activities, spectacular demonstrations, inquiry-based discussions, and amazing projects to make and take home. We’ll explore the world’s most abundant animal-bugs; investigate the powerful processes that shape the Earth and form rocks, minerals and gems; try out different types of simple machines ... levers ...incline planes ... wheels ... and pulleys; and discover how hurricanes, tornadoes and thunderstorms develop and how powerful they can be! We’ll also learn firsthand how advances in science and technology are behind our favorite movie special effects; explore the energy of motion and how energy can be conserved; get our left and right brains working together and discover the links between science and art; and examine and investigate what life is like under the sea.

Birthday Party at the Gibbs Gym!

Arlington Recreation will book birthday parties on Saturdays and Sundays throughout the year. Birthday parties are in two-hour time blocks and come with an experienced birthday party coordinator.



Please call us at 781-316-3880



for more information or email us at dmcgrath@town.arlington.ma.us

Youth Programs

Baby Sitting Training with Winchester Hospital

Grades: 5 – 8

Dates: Monday – Thursday, October 15 – October 18
Monday – Thursday, March 11 – March 14

Time: 3:00pm – 4:30pm

Where: Ottoson Middle School

Cost: \$90 per 4-day session

The Babysitter's Training is a course designed for those interested in becoming responsible babysitters. Students learn: characteristics of children, basic care such as feeding, changing and holding, supervising and playing with children, accident prevention, proper emergency response, basic first aid for common injuries and illnesses. Students receive appropriate certifications from Winchester Hospital.

Cross Country

Grades: 5 – 8

Dates: Tuesdays, September 18 – October 16

Time: 2:45pm – 4:00pm

Where: Meet and End at Ottoson Middle School

Cost: \$50 for 5 weeks

The goal of this program is to stimulate a love for running by teaching participants how to accelerate their own progress and success. It is our intention to offer an unforgettable growth experience regardless of age or ability. This running program creates a renewed energy and enthusiasm, and improved self-confidence — all keys to your growth as a runner, sprinter, vaulter, jumper, shot putter or hurdler. You'll get mileage from this experience for years to come!

Arlington Spy Ponders Flag Football League

Grades: Grades 2 & 3, Grades 4 & 5, Grades 6 thru 8

Dates: Fridays, September 28 – October 19

Time: 3:45pm – 4:45pm

Where: Arlington Home Field – McClennen Field

Cost: \$50 for 4 weeks

In conjunction with Arlington Pop Warner we are excited to announce the continuation of the Arlington 5v5 Flag Football League. Teams will consist of 10 – 12 players. Sign-up with friends or sign up individually. Each session will be a 30 minute practice where basic flag football skills like passing, receiving, defense, and route running will be taught. 30 minute games will follow the practice. **Volunteer coaches are needed.** All participants will receive an authentic NFL jersey in their favorite pro team's traditional colors and a mouth guard.

Mass Youth Soccer Winter Skills Clinic

Age Groups: Boys and Girls U7/U8, U9/U10, U11/U12

Dates: Mondays, January 28, 2013 – March 11, 2013 (x: 2/18)

Times: U7/U8 5:30pm – 6:30pm

U9/U10 6:30pm – 7:30pm

U11/U12 7:30pm – 8:30pm

Where: Ottoson Middle School

Cost: \$70 per person



Are you looking for a local opportunity to improve your soccer skills over the winter? The Arlington Soccer Club and Arlington Rec are partnering with Mass Youth Soccer to provide you with an opportunity to develop your technical skills and speed of play. The sessions will be dynamic and fast-paced and will cover all areas of technical development, and they will be fun! The sessions will be run by members of the Mass Youth Soccer State Instructional Coaches, many of whom hold a US Soccer A or B license. Space is limited so register early! Though program is offered in conjunction with Arlington Soccer Club, please register through the Arlington Recreation Department.

Fencing

Ages: 7 and up – Beginner/Intermediate

Time: 3:45pm – 5:00pm

Ages: 10 and up – Beginner/Intermediate

Time: 5:00 pm – 6:15pm

Ages: 12 and up – Beginner/Advanced

Time: 6:30 pm – 8:00 pm

Dates: Thursdays, September 20 – November 8

November 15 – January 17 (x: 11/22, 12/27)

January 24 – March 21 (x: 2/21)

March 28 – May 23 (x: 4/18)

Where: Gibbs Gym

Cost: \$165 per 8-week session



Join us for this exciting sport — one of the fastest growing sports in the world! Fencing develops physical fitness, the ability to develop strategy and concentration, as well as camaraderie and respect. Learn fencing with Michael Tarascio, former member of the United States World Championship Team.

Equipment Policy and Rental: Our policy is that NEFA provides new fencers with equipment for the first 8 sessions. This is intended to give new fencers an opportunity to try out this sport without having to purchase a set of gear. For the second and each subsequent session, there is a rental fee payable to the instructor of \$40 for 8 sessions. An individual may (recommended) instead purchase a complete (7 piece) new beginner set that costs about \$200, if they prefer. The set includes a foil, mask, jacket, glove, underarm protector, plastic chest protector, and a fencing bag.

Youth Programs

Arlington Climbs – MetroRock Climbing Gym

Ages: 5 and up
Dates: Wednesdays, September 19 – November 21
Time: 4:00pm – 6:00pm
Where: MetroRock Gym in Everett, MA
Cost: \$250

Step into a vertical world at MetroRock Climbing Gym. Through a 10 week curriculum based program, we will teach you the basics of rock climbing and through challenges & games transition you into a confident and able bodied climber. Learn to use your body in a way you though only possible in movies. We're all made to do it, so come find your inner climber!

Sports Zone 101 Presents: Tournament of Champions

Grades: 1 – 6
Dates: Thursdays, September 20-November 8th
Times: 3:00pm – 4:00pm
Where: Fox Library
Cost: \$100

Sports Zone 101 has a challenge for you! Do you think you know the most about sports? Do you think you are a leader? Do you think you are a good teammate? Are you the very best player in sports game? This all new program will enable kids to participate with their friends to receive sports cards and prizes while playing their favorite games each week.

Sports Zone 101 strives for excellence in sportsmanship, leadership, and team work. These are important values that each child will learn and grow from at Sports Zone 101.

Sports Zone 101 is known for helping kids appreciate and understand sports. Through our unique curriculum, kids are able to learn through sports cards and daily discussions based on our New England sports teams. Kids are guaranteed to walk away from our program with a fun and unique way of following and playing their favorite sports games! For more information, please contact Nick Face at nface@sportszone101.com.

NOTE: If your child is able to have a friend sign up for the program, they automatically receive their very own box of sports cards or special prize!

Awards will be given out daily during all our sessions! Your challenge is waiting for you to complete with Sports Zone 101!

Lacrosse

Arlington Girls Lacrosse Club (AGLAX) Fall Clinic

Grades: 1 – 8
Dates: Sundays, September 23 — October 21 (x: 10/7)
Time: 6:00pm – 8:00pm
Where: Peirce Turf Field
Cost: \$75 for 4 sessions

The Arlington Girls Lacrosse Club (AGLAX) invites returning players and any new players (grades 3 – 8) interested in learning “the fastest game on foot” to participate in the 2012 AGLAX Fall Clinic. This development program will be held on the turf at Peirce Field in Arlington. The Fall Clinic is designed to give new and existing players the opportunity to develop skills through various structured activities including catch-and-throw and ground ball shuttles, cradling, dodging, defense, shooting, and open scrimmage. For more information about AGLAX, please visit www.aglax.org.

Boys Lacrosse Clinic

Ages: Grades 1– 8
Dates: Tuesdays and Thursdays, March 5, 7, 12, 14
Time: 4:00pm – 6:00pm
Where: AHS Red Gymnasium
Cost: \$70 for 4 sessions

Arlington Youth Lacrosse runs this popular program. Participants will learn the basic skills of the game, as well as participate in friendly competitive play. Please bring lacrosse stick and sneakers. For more information about Arlington boys' lacrosse please visit www.arlingtonlax.org.

Arlington Girls Lacrosse Club (AGLAX) Winter Clinic 2012

Grades: 3 – 8
Dates: Monday & Wednesday, March 4, 6, 11, 13
Time: 4:00pm – 6:00pm
Where: AHS Red Gymnasium
Cost: \$70 for 4 sessions

The Arlington Girls Lacrosse Club (AGLAX) invites returning players and new players (grades 3 – 8) interested in learning “the fastest game on foot” to participate in the 2012 AGLAX Winter Clinic. The Winter Clinic is designed to give players the opportunity to develop skills through various structured activities including catch-and-throw and ground ball shuttles, cradling, dodging, defense, shooting, and open scrimmage. Please bring a lacrosse stick, goggles, and a colored mouthguard. For more information about AGLAX, please visit www.aglax.org.

Youth Programs

February Vacation Programs

Mad Science Vacation Program

Ages: 7 – 12 years
Dates: Tuesday – Friday, February 19 – 22
Time: 9:00am – 12:00pm
Where: Fox Library
Cost: \$165.00

Join the Mad Science® hands-on science fun. We're crazy about science...and hope you are too!

We'll have a blast exploring science and how it affects the world around us. Become an honorary Mad Science assistant and learn about some of the awesome stuff from the Mad Science laboratory. Each day we'll have a different science theme with exciting activities, experiments and related games. Space, slippery science, nature, and chemical magic are just a few of the exciting activity topics that kids can look forward to this vacation. The children will get a chance to play with our "cool" equipment and participate in some "hot" demonstrations. And the science doesn't stop when the Mad Scientist goes back to the laboratory... we'll have take-home creations so the fun and learning can continue.



Viking Sports – Multi Sport

Grades: 1 – 5
Dates: Tuesday – Friday, February 19 – 22
Time: 9:00am – 3:00pm
Where: Gibbs Gym **Cost:** \$185

The philosophy at all Viking programs is safety, good sportsmanship, and fun. Multi Sports clinic includes: soccer, basketball, baseball/t-ball, flag football, kickball, floor hockey, waffle ball, capture the flag, and many other sports and games! All coaches are carefully selected based on their enthusiasm, professionalism, and experience.



The Arlington Recreation Department Fall 2012 – Winter 2013 Program was designed and composed by

Lightning Design

Print Design & Production
lightningdesign@comcast.net

Ninjabo LEGO Workshop

Ages: 5 – 10
Date: Sunday, September 30th, 2012
Time: 1:00pm – 4:00pm
Where: Arlington Recreation Department/Ed Burns Arena
Cost: \$40 per participant

Explore the world of Ninjabo! Join the team from Event-FULL!, LLC (www.event-full.net) and create a LEGO world of defending the good! Create your own Ninjabo story and battle the toughest LEGO warriors to help make the world a better place. The LEGOs stay with us but your memory will last a lifetime! Each participant will take home a framed photo of themselves with their LEGO Ninjabo creation.

Please send your child with a nut-free snack and drink. Program is limited to 20 participants.

LEGO Avengers

Ages: 5 – 10
Dates: Sunday, November 4th, 2012
Time: 1:00pm – 4:00pm
Where: Arlington Recreation Department/Ed Burns Arena
Cost: \$40 per participant

The LEGO Avengers are coming to Arlington! Join the team from Event-FULL!, LLC (www.event-full.net) and check out the new cool Super Hero Minifigures. Iron Man, The Hulk, and Captain America, combined with your imagination will set the stage for an action-packed super hero adventure! The LEGOs stay with us but your memory will last a lifetime! Each participant will take home a framed photo of themselves with their LEGO Avenger creation.

Please send your child with a nut-free snack and drink. Program is limited to 20 participants.

Arlington Recreation...

Sign Me Up!

Register Online at

www.arlingtonrec.com

Youth Programs

Progress After-School Soccer Program for Elementary School Aged Players

Grades: 1 – 5

Time: 2:15pm – 3:30 pm

Schools and Dates:

Dallin School Grades 1 & 2

Mondays, September 10 – October 22th (x: 9/17, 10/8)

Dallin School Grades 3 – 5

Mondays, September 10 – October 22th (x: 9/17, 10/8)

Bracket School Grades 1 & 2

Tuesdays, September 11 – October 23 (x: 10/2, 10/16)

Bracket School Grades 3 – 5

Tuesdays, September 11 – October 23 (x: 10/2, 10/16)

Stratton School Grades 1 & 2

Thursdays, September 13 – October 11

Stratton School Grades 3 – 5

Thursdays, September 13 – October 11

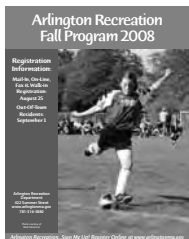
Bishop School Grades 1 & 2

Fridays, September 14 – October 12

Bishop School Grades 3 – 5

Fridays, September 14 – October 12

Cost: \$70 per 5-week session



Arlington Recreation seeks photos for program covers

The Arlington Recreation Department invites you to submit photos at any time to be considered for use in our programs. Photos should be in full color and high-resolution (approx. 8x10" x 300dpi or 24x36" x 72dpi). Email your submissions to lightningdesign@comcast.net



Fitness Programs with Black Crow Yoga

Krow-ga: Black Crow Yoga for Kids

Ages: 4 – 7 years & 8 – 11 years

Dates: *Fall Mondays for 8 weeks:*

October 15, 22, 29; November 5, 12, 19, 26, December 3

Winter Mondays for 8 weeks:

January 28; February 4, 11, 25

March 4, 11, 18, 25

(No class 2/18 February Vacation)

Time: 4 – 7 years 3:00pm – 3:45pm

8 – 11 years 4:00 – 4:45pm

Where: Black Crow Yoga, 201 Broadway

Cost: \$120 per 8-week sessions

Krow-ga is an integration of kids' yoga, creative movement, imagination, and environmental awareness. Children will be guided through exercises, moving their bodies to explore and experience a sense of the natural world around us. Using aspects of nature as a foundation, we will use yoga postures and breathing techniques to learn about our environment, such as growth cycles of living things, like trees and ladybugs. Parents are welcome to drop-off or hang out in the BCY lounge while the kids are in class.

Teen Flow: Yoga for Ages 12 –16

Dates: *Fall Sundays for 10 weeks:*

September 30; October 14, 21, 28;

November 4, 11, 18, 25; December 2, 9

(No class 10/7 Columbus Day Weekend)

Winter Sundays for 10 weeks:

January 13, 27; Feb 3, 10, 17, 24; Mar 3, 10, 17, 24

(No class 11/20 MLK Day Weekend)

Time: 11:30-12:45pm

Where: Black Crow Yoga, 201 Broadway

Cost: \$150 for 10 weeks

In this yoga class just for teens, we'll develop self-awareness, strength, balance, and flexibility. Classes will mix energizing, flowing sequences with restorative postures, breathing exercises, and meditation. We'll focus on taking our yoga practice off our mats and into our lives, learning tools that can help manage stress and emotions. We'll explore the mind/body connection and build the foundation for an evolving yoga practice.

Gordon Graham Tennis, LLC (GGT) Fall Tennis Programs For Children

*All programs will be held at the brand-new Wellington Tennis Courts
located on Grove Street, one block from Mass. Ave.*



Under the direction of Gordon Graham, Head Coach of women's tennis at the University at Albany (SUNY), former AHS boys' tennis coach, and Harvard women's coach (1990-2007), and under the supervision of Matt Siegel, current AHS boys' tennis coach...these tennis programs are designed to deliver top-quality tennis training for children of all ages and abilities.

The GGT philosophy for building this vibrant, community-based tennis program is to create a FUN learning environment, one in which children get sound tennis training based on scientific principles delivered in a positive, reinforcing manner. These programs combine fun, and competitive drills and games with technical training at almost every level. All staff have met GGT tennis teacher training standards. GGT maintains a ratio of no more than 8:1 with children 6 and above and a ratio of no more than 5:1 with children 5 and under.

Weekend Tennis Clinics

GGT for Beginners

Ages: 5 – 6 years old
Dates: 8 sessions, Saturdays, September 8 – October 27
Time: 9:00am – 9:50am
Cost: \$125

Modeled after the United States Tennis Association's QuickStart, this GGT program is designed to give youngsters ages 5 – 6 a fun and successful jump start in tennis. GGT instructors will use mini-nets, a 36' court, and foam or low-compression balls in teaching basic skills and principles of the game. Players will be taught rallying skills, serving skills and receiving the ball skills. In addition, they will learn about fairness, and they will begin to understand winning and losing, and how to work with other children. Participants need a 19, 21, or 23-inch racket.

GGT for Beginners & Advanced Beginners

Ages: 7 – 9 years old
Dates: 8 sessions, Saturdays, September 8 – October 27
Time: 10:00am – 10:50am
Cost: \$125

Modeled after the USTA's QuickStart, this GGT program is designed to give beginners and advanced beginners, ages 7 – 9, a fun and successful tennis experience. GGT instructors will use mini-nets, a 36' court, and foam or low-compression balls in helping the players learn the basic skills to play tennis as quickly as possible and to enjoy the experience of hitting balls over the net. They will be taught rallying skills, serving skills, returning skills, and net-play skills. They will learn the rules, scoring and appropriate behavior as part of their training. And they will get to play. Participants need a 21, 23, or 25-inch racket.

GGT for Beginners & Advanced Beginners II

Ages: 10 – 12 years old
Dates: 8 sessions, Saturdays, September 8 – October 27
Time: 11:00am – 11:50am
Cost: \$125

Modeled after the USTA's QuickStart, this GGT program is designed to give beginners and advanced beginners, ages 10 – 12, a fun and successful tennis experience. GGT instructors will use a 60' court, the regular net, and a low-compression ball; participants will need a 23 or 25-inch racket. This program will help the players develop the skills needed to participate in different tennis situations by teaching proper stroke technique, and basic tennis strategy and tactics.

GGT for Beginners & Advanced Beginners III

Ages: 13 – 16 years old
Dates: 8 sessions, Saturdays, September 8 – October 27
Time: 12:00pm – 12:50 p.m.
Cost: \$125

Modeled after the USTA's QuickStart, this GGT program is designed to give beginners and advanced beginners, ages 13 – 16, a fun and successful tennis experience. GGT instructors will use the full court, and low-compression balls. Participants will need a 25 or 27-inch racket. This program will help the players develop basic tennis skills, strategies and tactics, and learn proper stroke technique based on scientific principles. Plus they will get to make new friends and potential tennis practice partners.

Junior Development Program for Intermediates/Advanced

Ages: 8 – 12 years old
Dates: 8 sessions, Sundays, September 9 – October 28
Time: 9:00am – 10:20am
Cost: \$197

This program is focused on training intermediate and advanced players to become well-rounded competitors, firmly grounded in good stroke mechanics and sound strategy. The program will include competitive drilling, match play with analysis, proper instruction based on scientific principles, and a FUN, positive environment.

Teen Team Tennis Training Program for Intermediate/Advanced

Ages: 13 – 17 years old
Dates: 8 sessions, Sundays, September 9 – October 28
Time: 10:30am – 11:50am
Cost: \$197

This GGT program is designed for experienced teenage players who are interested in competing for their high school team and/or playing tournaments. Players will learn good stroke mechanics and sound strategy. There will be competitive drilling, match play with analysis, proper instruction based on scientific principles, and a FUN, positive environment.

After-School Tennis Programs

GGT for Beginners

Ages: 5 – 6 years old
Dates: 8 sessions, Tuesdays September 4 – October 23
8 sessions, Thursdays September 6 – October 25
Time: 3:00pm – 3:50pm
Cost: \$125 per section; or \$205 for both.

GGT for Beginners & Advanced Beginners

Ages: 7 – 9 years old
Dates: 8 sessions, Tuesdays September 4 – October 23
8 sessions, Thursdays September 6 – October 25
Time: 4:00pm – 4:50pm
Cost: \$125 per section; or \$205 for both.

GGT for Beginners and Advanced Beginners II

Ages: 10 – 12 years old
Dates: 8 sessions, Tuesdays September 4 – October 23
8 sessions, Thursdays September 6 – October 25
Time: 5:00 – 5:50pm
Cost: \$125 per section; or \$205 for both.

Junior Development Program for Intermediate and Advanced

Ages: 8 – 12 years old
Dates: 8 sessions, Mondays September 3 – October 22
8 sessions, Wednesdays, September 5 – October 24
Time: 4:50pm – 6:10pm
Cost: \$197 per section; or \$330 for both.

Teen Team Tennis Training Program for Intermediate and Advanced

Ages: 13 – 17 years old
Dates: 8 sessions, Mondays September 3 – October 22
8 sessions, Wednesdays, September 5 – October 24
Time: 3:20pm – 4:40pm
Cost: \$197 per section; or \$330 for both.

*Email program comments, suggestions, ideas,
and concerns to Program Supervisor Dan McGrath at
dmcgrath@town.arlington.ma.us*

Youth Basketball Programs

Gear Up for Winter!

Grades K – 1

Basketball Clinic

Clinic Dates: Saturdays, January 5, 2013 – February 9, 2013

Times: Kindergarten 10:00am – 10:40 am
Grade 1 10:45 am – 11:25pm

Where: Ottoson Blue Gym

Cost: \$85 per participant (T-shirts provided)

Basic skills will be introduced using drills and games. Instruction and games will be emphasized using 8-foot baskets and youth balls. Volunteer coaches are needed. If you are interested in assisting with the program, please contact Arlington Recreation at 781-316-3880. Please note that this program relies on volunteers... we'd love your help!

Grades 2 – 6

Youth Basketball League

League Dates: Saturdays, December 8, 2013 – February 2, 2013
(League will not meet 12/29)

Ages: Boys Grades 2 – 3 **Times:** 8:15am – 9:45am
Ages: Boys Grades 4 – 6 **Times:** 10:00am – 11:30am
Ages: Girls Grades 2 – 3 **Times:** 11:45am – 1:15pm
Ages: Girls Grades 4 – 6: **Times:** 1:30pm – 3:00pm

Where: Ottoson Middle School

Cost: \$99 per participant

The basketball league will use week one as a skill assessment and league play will begin during week 2 of the program. Each week team practice and skill development stations will be followed by league games. Volunteer coaches are needed at all levels. Please note that this program relies on volunteers. All those interested in participating in the program must register in advance and fees must be paid at the time of enrollment. Enrollment is limited. Game shirts will be provided.

Advertise Your Business or Sponsor a Special Event!

There are yearly options available for businesses to advertise at the Veteran's Memorial Sports Center. Options include banners, illuminated signage, Zamboni, scoreboard, and message board. If interested in advertising or to receive further information on available options

Contact Dave at 781-316-3882.



Grades 5 – 8

Competitive Travel Basketball

Tryouts held: See detailed schedule below.

League Dates: Beginning the week of November 4th and ending approximately March 1

Where: Varies between: Ottoson Middle School, Brackett Elementary School, and Gibbs Gym for practices and home games

Cost: \$299 per participant (paid upon acceptance into the league). Includes uniform shirt and shorts. Must pre-register on-line at www.arlingtonrec.com

Tryout Schedule

All tryouts are week of October 15. Boys tryouts are Tuesday October 16 and Thursday October 18. Girls tryouts are Monday 15 and Wednesday October 17.

Grade/Gender	Tryout Times	Gym
Grade 5 Boys	6:00pm – 7:15pm	Ottoson Lower
Grade 6 Boys	7:15pm – 8:30pm	Ottoson Lower
Grade 7 Boys	6:00pm – 7:15pm	Ottoson Upper
Grade 8 Boys	7:15pm – 8:30pm	Ottoson Upper
Grade 5 Girls	6:00pm – 7:15pm	Ottoson Lower
Grade 6 Girls	7:15pm – 8:30pm	Ottoson Lower
Grade 7 Girls	6:00pm – 7:15pm	Ottoson Upper
Grade 8 Girls	7:15pm – 8:30pm	Ottoson Upper

This is a competitive, travel basketball team. All interested participants must attend tryouts.

Tryouts are free. Payment for this league will be collected once participants have been notified of successful tryout. However, advanced registration on-line is required.

Coaches will notify players soon after regarding the outcome of the tryout. Once notified, participants must register and pay for program at Arlington Recreation Department before allowed to participate in practices.

Each team will practice twice weekly at one of the following locations: Ottoson Middle School, Brackett Elementary School, or Gibbs Gymnasium. Practices WILL NOT BE held if school is cancelled due to inclement weather and during school vacation; however, individual coaches may opt to hold special practices during this time at alternate locations. Practices WILL BE held on early release days.

Please remember that all schedules are subject to change and may occasionally be affected by special school activities. If you have questions or are unsure about your schedule, please contact your coach directly.

Winter Skiing: Ski Lessons at Nashoba Valley

Grades: 3 – 8

The Learn to Ski Program provides ski or snowboard lessons, lift tickets and transportation to the Nashoba Valley Ski Area in Westford, MA.

Ski/Snowboard – Elementary & Middle School children

Dates: Four Wednesdays,
January 9 – January 30

Time: 3:30pm – 7:30pm
(times are approximate).
Lessons are scheduled
for 5:15pm.

Cost: \$225 per participant. Each week participants will have time for free ski before lessons begin.

Equipment Rental: There will be a mandatory fitting on Monday, December 3 from 5:30pm – 6:30pm in the lower level classroom of the Gibbs Gymnasium. Rentals are an additional \$75.00 for the season, checks payable the night of the fitting directly to Nashoba Valley. If you do not make this date, it will be necessary to go to Nashoba on your own before the first session for a private fitting. Helmets will also be sold at the fitting for \$40.



Transportation

Buses will meet and load at McClennen Park. We will begin boarding at approximately 3:30pm. Return location will be McClennen Park.

If a session needs to be cancelled due to inclement weather, the session will be made up the following Wednesday.

Registration Note

Please note that registration numbers are limited and accepted on a first-come, first-serve basis.

Parent Volunteers

Parent volunteers are allowed to ski/snowboard for free, but must attend all four weeks of the program.

Parent volunteers are assigned to same group for the entire program and are responsible for taking attendance, assisting with equipment rental, and chaperoning participants at Nashoba Valley.

Parent volunteer spaces are limited. If you are interested in being a parent volunteer, please contact Arlington Recreation at 781-316-3880.

**Need A Space To Hold
Your Next Event?**

**Looking for an
Inclement Weather
Location?**

**Consider Renting the
Gibbs Gymnasium!**

Arlington Recreation rents the Gibbs Gymnasium and Lower Level Classroom to the public. Facility is open Monday – Saturday, 8am – 10pm, Sunday 1pm – 5pm. Single-Use or Long-Term options available! Rental Fee for each space is \$40 per hour .

***For complete details or to book your space, call
Arlington Recreation at 781-316-3884.***

Badminton at the Dallin School Gym

Register for Badminton Programs at elainegam@rcn.com

Badminton is a fast, fun, and social game that can be played and enjoyed by people of all ages. Even if you are new to badminton, you will quickly learn the basics and join others in exciting games. Indoor badminton is more fun, more exciting, more energetic than the 'backyard badminton' that most Americans are familiar with. Shuttlecocks will be supplied. Some racquets will be available for use. Chauncy Liu will coach all sessions. There will be 2 sessions dedicated to 'Just Families', plus a class dedicated to 'Basics' for both adults and youths, and courts for some 'Doubles' play. There will be a \$15 discount on advance registration when 2 sessions are prepaid.

Just Families

Who: Family groups of 2, 3, or more
Dates: Mondays, four 5-week sessions:
September 24, October 1, 15, 22, 29
November 5, 19, 26; December 3, 10
January 7, 28; February 4, 11, 25
March 4, 11, 18, 25; April 1,

Thursdays, four 5-week sessions:
September 20, 27; October 4, 18,
November 1, 15, 29; December 6, 13,
January 10, 17, 24, 3; February 7,
March 7, 14, 21, 28; April 4,

Time: 6:10pm – 7:00pm
Costs: 1/4- court Family Fees \$60 per session
Half-court Family Fees \$115 per session for two persons,
\$135 for three on a half court
Full-court Family Fees: \$220 per session for 2-4 family
members, \$5 per additional person

This session is structured for families to play with their children. Chauncy Liu will assist with playing techniques and join in family games with some coaching. This session is very popular and this will be 12th time "Just Families" has been offered.

Family Half-Court

Who: Youth – Adult Family with game-playing skill level
Dates: Mondays, four 5-week sessions:
September 24, October 1, 15, 22, 29
November 5, 19, 26, December 3, 10
January 7, 28; February 4, 11, 25
March 4, 11, 18, 25; April 1

Time: 7:00pm – 8:00pm
Cost: \$115 per session for half-court for 2 players – limited enrollment

This session is structured for 1 or 2 families to play on 1 court. The option of playing to 9:20pm is available by special arrangement.

'Basics' Adult & Youth with Coaching

Who: Adult and Youth
Dates: Mondays, four 5-week sessions:
September 24, October 1, 15, 22, 29
November 5, 19, 26, December 3, 10
January 7, 28; February 4, 11, 25
March 4, 11, 18, 25; April 1

Time: 8:00pm – 9:20pm
Cost: \$95 per session - limited enrollment

Chauncy Liu will coach on playing techniques plus drills geared to the level of the group. Ideal for new-to-the-game or for player's out-of-form or not-too-good.

Doubles Club

Who: Adult and Youth with good game skills
Dates: Mondays, two 11-week session:
September 24; October 1, 15, 22, 29; November 5,
19, 26; December 3, 10, 17
January 7, 28; February 4, 11, 25; March 4, 11, 18, 25;
April 1, 8

Time: 8:00pm – 9:20pm
Cost: \$100 per session – limited enrollment

The Monday Doubles Club is open to all adults and older youths with full game-playing skills. Play is almost exclusively doubles, but there are not regular partner-ships. A 2-game/pair rotation system will be used to diversify partnerships through the evening to keep the games moving and allow for rest periods.

Adult Club Badminton

Who: Players 18 and older
Dates: Thursdays, September 13 – December 13 (x: 11/22)
Time: 7:00pm – 10:00 pm
Cost: \$125 for a 2012 full-season

The Thursday Badminton Club is open to all adults with game-playing skills. Play is almost exclusively doubles, but there are not regular partner-ships. Instead a 'Ladder System' is used to arrange even strength matches, as well as to diversify partnerships throughout the evening. Three courts are available. Passes are available only by advanced sign-up via email at elainegam@rcn.com or email her with questions. Only 26 passes will be sold per season, so space is limited. For more Badminton Club info, go to <http://abc.wolfberg.net>.

Adult Programs

Adult Tennis with Ira Kemp

*All programs will be held at the brand-new
Wellington Tennis Courts located on Grove
Street, one block from Mass. Ave.*

Ages: 18 & up **Cost:** \$48 per session

Beginner

Saturdays or Sundays

Time: 5:00pm – 6:00pm

Dates: Saturdays, two 4-week sessions
September 8 – September 29
October 6 – October 27

Sundays, two 4-week sessions
September 9 – September 30
October 7 – October 28



Intermediate/Advance

Fridays

Time: 6:00pm – 7:00pm

Dates: Fridays, two 4-week sessions
September 7 – September 28
October 5 – October 26



Saturdays and Sundays

Time: 6:00pm – 7:00pm

Dates: Saturdays, two 4-week sessions
September 8 – September 29
October 6 – October 27

Sundays, two 4-week sessions
September 9 – September 30
October 7 – October 27

Parent/Child

Saturdays or Sundays

Time: 4:00pm – 5:00pm

Dates: Saturdays, two 4-week session
September 8 – September 29
October 6 – October 27

Sundays, two 4-week sessions
September 9 – September 30
October 7 – October 27

Zumba for Adult

Dates: Tuesdays, September 25 – November 13
November 20 – January 22 (x: 12/25, 1/1)
January 22 – March 19 (x: 2/19)

Time: 7:00pm – 8:00pm

Where: Gibbs Gym

Cost: \$80.00 for 8 weeks

Zumba® combines high energy, motivating music with unique moves and combinations that allow the participants to dance their worries away, and burn 500-700 calories in the process. It is based on the principle that a workout should be fun so you want to do it. Zumba is great for the mind, body, and soul. It is a “feel-happy” workout — so don’t forget to bring your smiles, but also be prepared to sweat! No dance experience required! Bring a water bottle and towel.

Come When Called

Teach Your Dog Reliable Recall for Off-leash Fun

Ages: Open to all ages and all skill levels

Dates: 3 lessons on Sundays September 16, 23 & 30
(rain dates TBA, if needed)

Times: 2:00 PM

Where: Thorndike Off-Leash Recreation Area

Cost: \$85 for the whole course.

Maximum class size: 15 dogs. Please bring two or more handlers per dog.

Course materials and preparation:

- Dogs enrolled must be friendly towards new dogs and people. If in doubt, please contact Bette Yip for approval before enrolling.
- Please bring a print-out of your dog’s rabies vaccine proof for us to keep on file.
- Please bring at least 50 pinky-nail sized pieces of healthy, high-value rewards for your dog. Bring a mixture of at least 3 types. (Our favorites: Merrick Texas Hold ‘Ems, Stella & Chewy’s freeze-dried raw, freeze-dried meats of any kind, plain, boiled or baked chicken, Canz real meat treats, Zuke’s, Solid Gold jerky treats.)
- Please hold back an adequate portion of your dog’s daily ration of food on class days to compensate for the extra treats.
- Please bring your dog to class on a traditional body harness (that clips to dog’s back, not chest)
- Please bring your own 20-foot or 30-foot long training lead (not a retractable lead)

One of the best ways to teach your dog to come when called at the dog park is to use access to other dogs and off-leash play as a reward for your dog coming to you. Come learn this technique and more as you teach your dog to come when called at Arlington’s new dog park with Bette Yip and her Picture Perfect Pets dog training team. During playtime reward segments of the lesson, there will also be an emphasis on “reading the conversation” among dogs by observing their highly nuanced body language in order to intervene when appropriate

Adult Programs

Open Basketball

Ages: 18 & up
Dates: Every Tuesday starting September 18
Time: 7:00pm – 9:00pm
Where: Peirce School **Cost:** \$8/day OR \$75/10 nights



All-Star Soccer

Dates: 7 weeks, Sundays, September 9 – October 28 (x: 10/7)
Time: 12:00pm – 12:45pm
Ages: Adult – 18+
Where: Gibbs Gym **Cost:** \$172

Super Soccer Stars is proud to present a unique program that uses soccer as a vehicle to teach life skills to individuals with special needs. Our innovative curriculum promotes the growth and development of the whole-player by encouraging and empowering players to increase social potential with teammates, build self-awareness and confidence, advance gross and fine motor skills, all while having a blast from the first touch on the ball!

Strong Women/Men; Strong Bones

Dates: Two 8-week sessions
Wednesdays September 19 – November 7
Saturdays September 22 – November 10
Time: Wednesdays 6:00pm – 7:30pm
Saturdays 10:00am – 11:30am
Where: Arlington Senior Center, 27 Maple St. behind Town Hall.
Cost: \$80/8 weeks or 10 Visit Punch Pass for \$90

Arlington Recreation welcomes the prestigious Tufts University evidenced-based program which demonstrates how muscle strengthening can build as well as preserve bone and fight osteoporosis (as well as encourage weight loss and a toned body). A safe warm-up with high-energy aerobics to music is followed by muscle-strengthening with leg weights (provided) and hand weights (you provide); all concludes with deep stretches and relaxation from Yoga. Experienced instructor certified in the Strong Women Program, B. Freedman, Ph.D., RYT.

Tai Chi and Qi Gong in the Park

Dates: Thursdays, September 27 – October 25
Time: 9:30am – 10:30am
Where: Menotomy Rocks Park **Cost:** \$140

Experience firsthand the mind/body benefits of tai chi and qi gong training in the natural setting of Menotomy Rocks Park. Sessions will include rejuvenating qi gong (energy work) exercises and meditations, the introductory Yang Style Tai Chi 8 Movement Form and 24 Movement Form basic drills. No prior experience is required. Class is open to all

Instructor Dorri Li is a martial artist and fitness professional based in the Boston area. With over 30 years of experience, Dorri has devoted her practice to helping students of all ages feel more focused, calm and strong.

Maureen Nee Fitness Programs

All sessions taught by Maureen Chagnon Nee, a certified group exercise instructor and personal trainer, and local triathlete.

Fitness FUNdamentals!

Dates: Tuesdays & Thursdays
September 11 – October 4, October 16 – November 8,
November 27 – December 20
Time: 5:45am -6:30am **Where:** Gibbs Gym
Cost: \$130 for Arlington Residents, \$135 for non-residents

Are you new to exercising, or has it been “awhile”? Try this new program designed for people who don’t want to join a gym and be intimidated by big machines. Using equipment you can store easily in your house, you will learn the basics of how to use free weights and resistance tubing to complete a total body strength conditioning workout. Tuesdays will focus on upper body, and Thursdays will get the lower body. Both days will incorporate some FUN cardio drills and moves that will strengthen your core. Sessions will end with stretching to restore and increase flexibility. Bring water and a yoga mat to each session.

Get Fit and Play!

Dates: Tuesdays & Thursdays
September 11 – October 4, October 16 – November 8
Time: 8:45 – 9:30 am **Where:** Summer Street Playground
Cost: \$130.00

These action-packed workouts will be surprisingly fun and get to use muscles that you might not have used since your childhood. This class combines cardiovascular conditioning, strength training and balance drills. Complete obstacle courses using cones, ladders, and even beach balls. This is appropriate for people just starting a fitness regimen and the seasoned athlete!

TRX® Boot Camp

Dates: Mondays, Wednesdays & Fridays
September 10 – October 5, October 15 – November 9,
November 26 – December 21
Time: 5:45am – 6:30am **Where:** Gibbs Gym
Cost: \$175.00

Come experience the ultimate workout using a TRX® suspension trainer! This unique piece of equipment allows you to use your own bodyweight for a full body workout! By changing foot positions, body angles, range of motion and speed this workout can be adapted for ALL fitness levels. The class format is conducted as a timed circuit with intervals of cardiovascular exercises and then strength moves using the TRX®. Your core will thank you after each session.

Arlington Parks, Fields, & Facilities

Inclement Weather/Field Closing Line: 781-316-3886 (sign up online for field closing notice)

To request the use of a field or park for special event or outing, please submit a field permit request to Joe Connolly, Program Supervisor, at www.arlingtonma.gov, "recreation," "parks and fields," "field use request." Downloadable permit form can also be found on Rec website.

Bishop Field: Located at Bishop School on 25 Columbia Road. Park has a softball/little league field, open field area used for soccer, hardtop basketball area, and a playground. Parking available.

Brackett School: 66 Eastern Avenue. Area has a playground and a hardtop basketball area. On-street parking available.

Buck Field: 422 Summer Street. Field is located on the right of Arlington Sports Center (Rink). Park has a softball/little league field, access to bike path. Parking available.

Buzzell Field: 29 Summer Street. Area has two little league/softball fields (Buzzell 1 - near Summer Street, Buzzell 2 - near bikeway), a playground, picnic tables, a basketball court and access to bike path. On-street parking available.

Crosby School/Tennis Courts: On Winter Street about 1/2 way down. Area has a medium size green space used for soccer and a playground. Limited on-street parking available.

Cutter School: Park is located between Robbins Road and School Street. Area has a playground.

Ed Burns Arena: Located at 422 Summer Street. An indoor ice facility, regulation size rink, spectator seating for 1,085 people, complete snack bar and vending machines, skate rentals and sharpening. Open September through April. Parking available.

Florence-Dallin School: 185 Florence Avenue. Area has a little league/softball field, a large open green space for soccer/lacrosse, a playground, a small basketball area. On-street parking is available.

Gibbs Gym: 41 Foster Street. Mass. Area has two playgrounds available to the public (after 6pm on weekdays) and a basketball court. Parking available.

The Great Meadows: Area is owned by the Town of Arlington. It is located between two schools, the Waldorf School of Lexington and Lexington Christian Academy off of Lowell Street. Area has walking trails in Arlington and Lexington.

Hibbert Playground: Hibbert Street. Area has a small playground.

Hill's Hill: 422 Summer Street on the far right of Arlington Sports Center (behind Buck Field). Open field for various sports or activities, with access to bike path, and has a playground. Parking available.

Hurd/Reservoir: Located on Drake Rd. behind Trader Joes and Walgreen's in the Heights. Area has two softball/little league fields, large open field used for soccer, access to bike path and the Reservoir. Parking available on Mass Ave, Drake Road.

Locke School Playground: David Road behind the Locke School condos.

Lussiano: Linwood Street. Area has a playground, a basketball court, three picnic tables, one basketball court, one softball/little league field, one baseball field, and a big open field used for soccer. Seasonal spray pool area open from June to August. Parking available.

Magnolia: On Herbert St. /Magnolia St. Area has a playground, a basketball court, huge open field which is used for soccer and lacrosse, community gardens area, and access to the bike path. Very limited parking available.

McClennen Park: Located on Summer St. (Rte. 2A) across from Palmer's Garage, Lexington line. Area has playground, skate boarding ramps, walking trail, 2 soccer fields, 1 little league field. Parking is available.

Menotomy Rocks Park: Jason Street main entrance. Area has two open green spaces, a picnic area, playground, walking trails and fishing. On-street parking available.

Ottoson: Take left after Saint Athanasius the Great Greek Orthodox Church (formerly Saint James Church) on to Appleton and left on Acton St. Area has a softball/little league field in back and practice area in front. Parking available.

Parmenter Park: 17 Irving Street. Area has a playground and a basketball court. No parking available

Peirce School: 85 Park Avenue Extension. Area has a playground, a basketball court, and green space. Parking available after 3pm.

Poet's Corner: Off Route 2 service drive and Dow Ave. Area has a playground, softball/little league field, basketball courts, and tennis courts.

Robbins Farm: Off Park Ave in the Heights. Turn left onto Eastern Ave. across from Brackett School. Area has a baseball diamond, large green space area used for soccer, a playground, summertime movies in the park and a 4th of July celebration. On-street parking available.

Robbins Library: 700 Mass Ave. Area has a playground and a small green space. Parking available.

Scannell: Mass Ave. towards Cambridge. Go past Walgreen's. Take a right after the set of lights onto Linwood St. Area has a softball/little league field, access to the bike path and stands to watch athletic activities.

Spy Pond Field: Overlooking the the Boy's and Girl's Club. Area has a baseball diamond, little league field, stands to watch athletic activities, a large open field used for soccer, and four tennis courts. On-street parking available.

Spy Pond Park: Located on the North shore of Spy Pond, the area has a playground, boat ramp and access to the bike path.

Stratton School: Mass Ave to Grove Street. Left on Summer Street. Right on Hemlock. Right on Fabyan. Area has a playground, hardtop for basketball, and a small green space. Parking available after 3pm.

Summer Street: 422 Summer St. on the left of the Sports Center (rink) on the corner of Forest St. Area has a playground, a basketball court, a baseball diamond, a large open field used for field hockey, and access to the bike path. Parking available.

Thorndike: On Margaret St. Take Lake St. Off of Mass Ave. go past Hardy School and take left onto Margaret Street all the way to the end. Area has a large field for soccer and lacrosse and access to the bike path. Parking available.

W.A. Peirce: Behind Arlington High School. A newly-renovated turf field, new six lane track, one baseball field, one softball/little league field, one multi-purpose practice field, and two basketball courts.

Whittemore Robbins House: 700 Mass Ave. Turn into the Robbins Library parking lot (which is around 650 Mass Ave.) and follow drive. Area has a playground and a small green space. Parking available.

General Information

Payment

Payment must accompany all registrations. Checks should be made payable to Arlington Recreation. MasterCard, Visa, and Discover are also accepted. If registering via fax (781-641-5495), please use the downloadable registration form located at www.arlingtonma.gov/recreation under "downloadable forms." If choosing to register on-line, please visit www.arlingtonrec.com.

If registering for the first time with Arlington Recreation, you will need to create a household account. Please call 781-316-3880 if you experience difficulties. Phone registrations now welcome!

Non-residents are assessed an additional \$5 fee on each program.

Financial Aid

Financial assistance may be available thanks to a Community Development Block Grant program awarded to Arlington Recreation. For eligibility information, contact the Recreation Office. Forms may also be downloaded at www.arlingtonma.gov/recreation.

Refunds

There will be NO REFUNDS unless a program is cancelled by Arlington Recreation. In the event that participants must cancel, household credit requests must be submitted in written form to the Director of Recreation. If approved, the percentage of credit may vary. *If you cancel after the start of a program, no credits or refunds will be given*. Please note that there is a \$5 administrative fee for all refunds unless the program is canceled by Arlington Recreation.

Participants Responsibility

We ask that all participants respect the staff, other participants, program equipment, age requirements, and facilities when participating in programs offered by Arlington Recreation. If participants fail to cooperate with the rules, Arlington Recreation reserves the right to dismiss or suspend a participant in any program without a refund.

Attention Parents

All program participants are encouraged to bring water and snack to the programs, however, due to increased nut allergies, please do not bring or send items containing nuts for snacks and lunches.

Arlington Recreation now accepts 24-hour a day phone registration. If you do not have access to a computer or fax machine and can not make it into the Recreation Office during normal business hours, you can register by phone by calling 781-316-3880 24-hours a day!

Inclement Weather

Please call the Field and Program Cancellation Line at 781-316-3886 to receive inclement weather updates on programs and fields operated through Arlington Recreation. Sign up online for field closing notice.

The Department of Public Works makes the decision regarding field cancellations. Once a determination has been made, the inclement weather hotline and the website are updated for your convenience. It is also our policy that if Arlington Public Schools close due to weather related issues, our programs will also be cancelled.

Cancellations

We reserve the right to cancel or postpone a program due to low enrollment. If a multi-session program must be cancelled due to inclement weather or other unforeseen circumstances, we will make every effort to reschedule the program. If a program cannot be rescheduled, a household credit will be issued for the canceled program.

Course Confirmation

No confirmation for registering via fax or mail will be sent. A participant is registered ONLY when payment is received. If at any time, there are questions regarding your household account, please log onto www.arlingtonrec.com to view your household account history.

Special Needs

Participants with special needs are encouraged to attend all of our programs. Staff members are sensitive to their needs and will do everything possible to assist. If you are unsure about program registration, call regarding specifics.

Volunteer Opportunities

Arlington Recreation greatly depends on volunteers to support all of our programs and special events. If you are interested in volunteering, there are a variety of programs and activities looking for a caring heart, a specific skill, and a helping hand! Contact us for openings. Thanks to all who have already given their time and energy!

Scholarship Fund

In order to continue offering quality programs at affordable costs, when registering, please consider donating to our scholarship fund. Arlington Recreation's goal is never to turn away an interested participant due to economic hardship. With your help, we will be able to continue this practice. If you choose to donate to the scholarship fund, please be sure to check the donation box on the registration form.

Meet the Recreation Department Staff

Joseph Connelly
Director of Recreation

Dan McGrath
Program Supervisor

Karen Burke
Administrative Assistant

Maria Day
Administrative Assistant

Dave Cunningham
Facility Supervisor

Mark Linskey
Maintenance Craftsman

Parks & Recreation Commission

Shirley Canniff

Leslie Mayer

Jim Robillard

Jen Rothenberg

Don Vitters

Recreation Department Phone Numbers

Main Number:
781-316-3880

Fax Number:
781-641-5495

Field/Program Cancellation:
781-316-3886

Ice Rink:
781-316-3887

Mission Statement

Arlington Recreation, a self-sustaining Division of the Town, offers safe, quality and affordable programs and facilities for citizens of all ages and abilities.

Our staff members are qualified professionals, dedicated to serving the community with excellence

Registration Form

Participant's Name:	Grade & School:		
Address:	City, Zip:		
Home Phone:	M / F DOB:		
Allergies/Medications/Limitations?:			
PARENT/GUARDIAN INFORMATION			
Guardian:	Cell Phone:		
Business Phone:	Email:		
EMERGENCY INFORMATION			
Name:	Phone:		
PROGRAM REGISTRATION SECTION			
CLASS	SECTION	TIME	FEE
1.			
2.			
3.			
<p>I, the undersigned parent/guardian of _____, a minor, do hereby consent to my child's participation in voluntary athletic or recreation programs of the Town of Arlington-Recreation Division. I also agree to forever release the Town of Arlington, Arlington Recreation, and all their employees, contractual agents, commission members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town of Arlington-Recreation Division ("the Releases") from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to my child or property damage resulting from my child's participation in the Town of Arlington-Recreation Division's voluntary athletic or recreation programs. I also promise, to indemnify, defend, and hold harmless the Releases against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to my child or property damage resulting from my child's participation in the Town of Arlington - Recreation Division's voluntary athletic or recreation programs. I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my child's participation in these programs is voluntary and that my child and I are free to choose not to participate in said programs. By signing this Form, I affirm that I have decided to allow my child to participate in the Town of Arlington-Recreation Division's athletic and recreation programs with full knowledge that the Releases will not be liable to anyone for personal injuries and property damage my child or I may suffer in voluntary Arlington Recreation athletic or rec. programs.</p> <p>Emergency Medical Treatment: I hereby give the Arlington Recreation Program permission to administer basic First Aid, CPR, and necessary medication to my child _____ and/or take my child _____ to a hospital and secure medical treatment when I cannot be reached or when delay could be dangerous to my child's health.</p> <p>Allergies, Chronic Health Conditions: Allergies must also complete EAAP plan at the Recreation Dept office. Please list all of your child's allergies and/or chronic health conditions: _____</p> <p>SIGNATURE _____</p> <p>Credit Card Payment: MC or VISA: Card # _____</p> <p>EXP. _____ SIGNATURE _____ CW# _____</p> <p><input type="checkbox"/> I would like to make a donation in the amount of \$ _____ to the Arlington Rec Scholarship Fund.</p> <p>Please make checks payable to Arlington Recreation. Mail form to Arlington Recreation, 422 Summer Street, Arlington, MA 02474 or fax to 781-641-5495</p>			

ARLINGTON RECREATION 5TH ANNUAL GOLF TOURNAMENT

Friday, September 7, 2012
Hillview Country Club, North Reading, MA

Time: 7:30am Registration • 8:00am Shotgun Start



Cost: \$140 per player

Checks payable to Arlington Recreation.

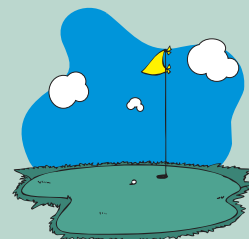
Advanced Registration Required.

Please call the Recreation Office
at 781-316-3880 for details.

18 Hole — Scramble, Carts, Donuts and Coffee,
Buffet Lunch

Top 3 Places in Each Division Receive Awards;
Long Drive, Closest to Pin,
Closest 2nd Shot Competitions.

Divisions will be formulated based on
team handicap; each group must use two drives
from each member of the foursome.



SPONSORS:

Any business or individual interested in sponsoring a hole for \$150
or making a donation, please call Joe Connelly at 781-316-3881.

Advertise Your Business at the Veteran's Memorial Skating Rink!

Would you like Arlington Recreation to help you
get the word out about your services or an upcoming event?
Need more exposure in Arlington and the surrounding area?
Would you like to support Arlington Recreation?

**There are yearly options available for businesses to
advertise at the Veterans Memorial Ice Rink!**

Options include banners, illuminated signage,
Zamboni, scoreboard, or seasonal brochure with
over 12,500 copies distributed each season!

**Call Dave Cunningham at 781-316-3882
for more information.**

Current Advertising Participants

Arlington Cal Ripken Baseball AYBSA
Arlington Children's Fund
Arlington Hockey Club
Arlington Patrolman's Association
Cambridge Savings Bank
Central Bank • Century 21
Cronin Tile • Holovak & Coughlin
Lobett Plumbing
Middlesex Yankee
Conference Girls League
Munroe Construction
Palmer's Garage
Patrick Hourican Plastering
PMI Construction • Preferred Mechanical
Privitera Charitable Foundation
Rogers and Hutchins Funeral Home
Russell Tremblay Electrical
Skating Programs
Sports Etc. • US Seal Coat
Walsh Painting